

V Corps Cold Weather Safety 2005-2006



"OWN THE EDGE"



Presented By:
V Corps Safety Office
Heidelberg, Germany



***Redeployment Safety Campaign
2005-2006***

“Own the Edge”



***COLD WEATHER INJURY
PREVENTION***



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“Own the Edge” **PREVENTION**

- All too often we focus on recognizing and treating cold weather injuries. However, the more important issue is prevention. Consequently, leaders should be trained on the following precautions and supervisory responsibilities to prevent cold injuries:



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***“Own the Edge”* PREVENTION (Continued)**

- **Enforce the buddy system**
- **Check each soldier for proper dress (gloves; loose, layered clothing).**
- **Ensure proper hygiene is practiced.**
- **Never allow a soldier to unnecessarily wear wet clothing.**
- **Change socks regularly**
- **Identify and closely monitor personnel who have previously suffered a cold-weather injury (more susceptible).**
- **Remind soldiers that alcohol consumption increases the risk of cold injuries.**



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“Own the Edge”

SIGNS SYMPTOMS AND FIRST-AID

- When prevention fails it is critical that everyone be able to recognize and treat cold-weather injuries.

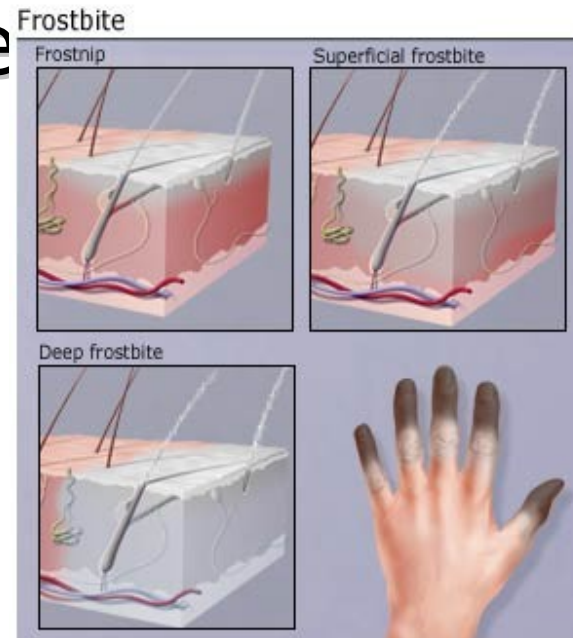


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"Own the Edge" **FROSTBITE**

- Frostbite is caused by freezing of tissue, normally due to exposure below 32 degrees Fahrenheit. Seek treatment even if



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***“Own the Edge”* SYMPTOMS**

- Loss of sensation in affected area; tingling, blistered, swollen, or tender areas; pale, yellowish, waxy-looking skin.



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***“Own the Edge”* FIRST-AID**

- Warm the affected area with direct body heat.
- Do not massage or rub the area, get it wet, use ice or snow, or expose the affected area to fire, or other source of intense heat.
- Evacuate to medical facility.



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IMMERSION FOOT

(TRENCH FOOT)



- Immersion Foot (Trench Foot) is caused by prolonged exposure of feet to wet conditions at temperatures between 32 and 50 degrees Fahrenheit. Inactivity and damp socks and boots (or tightly laced boots that impair circulation) speed the onset and severity.



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SYMPTOMS

- Cold feet, which may become numb; feet may later feel hot with shooting pain. There may also be swelling, redness, and bleeding.
- Walking becomes challenging



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"Own the Edge" **FIRST AID**

- Re-warm feet by exposing them to warm air, evacuate victim for medical attention.
- Do not massage, rub, moisten, or expose affected area to intense heat.



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***“Own the Edge”* DEHYDRATION**

- Dehydration, which is the depletion of body fluids, is just as common in cold weather as it is in hot.



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“Own the Edge” **SYMPTOMS**

- Nausea, dizziness, weakness, headaches, and blurred vision.



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***“Own the Edge”* FIRST AID**

- Always drink plenty of fluids, especially during and after extended physical activity.



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HYPOTHERMIA

- Hypothermia is a life-threatening situation caused by prolonged cold exposure and body-heat loss. This may occur at temperatures well above freezing, especially when a person is immersed in water.



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***“Own the Edge”* SYMPTOMS**

- Shivering stops, drowsiness, mental slowness, loss of coordination, unconsciousness, irregular heartbeat.



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Examples of wind chill: Read right and down from the calm-air line. For example, a temperature of 0°F combined with a 20 mph wind, has an equivalent cooling effect of -39°F.

- with a temperature of -15°F and winds blowing at 35 mph, the wind chill index would be -74°F and would cause exposed skin to freeze in 30 seconds

- with the temperature of 15°F and winds blowing at 35 mph, the wind chill index would be -27°F, which would likely cause frostbite

	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
4mph	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
5mph	43	37	32	27	22	16	11	6	0	-5	-10	-15	-21	-26	-31	-36	-42	-47
10mph	34	28	22	16	10	3	-3	-9	-15	-22	-27	-34	-40	-46	-52	-58	-64	-71
15mph	29	23	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51	-58	-65	-72	-78	-85
20mph	26	19	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60	-67	-74	-81	-88	-95
25mph	23	16	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66	-74	-81	-88	-96	-103
30mph	21	13	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71	-79	-86	-93	-101	-109
35mph	20	12	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-74	-82	-89	-97	-105	-113
40mph	19	11	3	-5	-13	-21	-29	-37	-45	-53	-60	-69	-76	-84	-92	-100	-107	-115
45mph	18	10	2	-6	-14	-22	-30	-38	-45	-54	-62	-70	-78	-85	-93	-102	-109	-117

Unpleasant

Frostbite likely.
Outdoor activity
dangerous.

Exposed flesh will freeze
within half a minute for
the average person.



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***“Own the Edge”* FIRST-AID**

- Strip off wet clothing, wrap victim in blankets or put in sleeping bag, get victim to heated location, evacuate to medical facility.



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CARBON MONOXIDE

- Carbon Monoxide is a poisonous gas that is most commonly generated by exhaust fumes from vehicles or other internal combustion engines.



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“Own the Edge”
SYMPTOMS

- Headache, weakness, dizziness, blurred vision, nausea, vomiting, unconsciousness.



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***“Own the Edge”* FIRST-AID**

- Move affected person to fresh air, summon medical assistance, administer artificial respiration if required.



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“Own the Edge”
**C.O.L.D Weather Injury
Prevention**

Clean clothes

Over-heating

Loosen clothing

Dry clothes



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"Own the Edge" **COLD WEATHER SAFETY IS NO JOKE!**

It's worth mentioning again...

- When prevention fails, it is critical that everyone is able to recognize and treat cold weather injuries. and treat cold-weather injuries..



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“Own the Edge”



Winter Recreation Safety



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“Own the Edge”

Winter Recreation Safety

- Warm up and Stretch
- Receive training before attempting a new sport
- Dress appropriately for the activity
- Never venture out on your own.
- If you venture out on your own file a flight plan.



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**ROAD CONDITION
STANDARDS**



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“Own the Edge” **ROAD CONDITION STANDARDS**

***GREEN: Unrestricted vehicle
dispatches are authorized.
Ideal road, visibility, and
temperature conditions exist.
Drivers will observe normal
precautions and speed limits.***



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***“Own the Edge”* ROAD CONDITION STANDARDS**

AMBER: Ideal road, temperature, and visibility conditions do not exist. If a road condition marked with an asterisk in the amber category is reported, commanders will declare amber road conditions. Increased driving times, hazardous road conditions, and driver experience will be considered in dispatching vehicles under amber conditions. Commanders and ASG/AST directorate heads or primary staff will authorize dispatches under amber conditions.



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RED: Only mission essential vehicle dispatches are authorized. Road, temperature, and visibility conditions are equal to or worse than those noted Road-Condition Status Characteristics. If one or more of the conditions marked with an asterisk in the red category are reported, commanders must declare road conditions red. The dispatch record for mission essential vehicles will be marked "mission-essential." Battalion level commanders, including ASG commanders, will authorize dispatch of mission essential vehicles. AST commanders will authorize dispatch of mission essential vehicles to operate within the local AST area.



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BLACK: Only emergency-essential vehicle dispatches are authorized. Road, temperature, and visibility conditions are equal to or worse than those noted in Road-Condition Status Characteristics. If one or more of the conditions marked with an asterisk in the black category are reported, commanders must declare road conditions black. The dispatch record for emergency vehicles (police, fire, ambulance, and emergency engineer) will be marked "emergency-essential." Chiefs of appropriate offices (provost marshal, fire, medical activity, and directorate of public works) and brigade level commanders, including ASG commanders, and above will authorize dispatch of emergency vehicles.

Note: Drivers of military vehicles transitioning through ASGs, that have declared black road conditions, should consult with their chain of command and re-evaluate the risk of continuing the mission. Weather and road conditions will be part of all mission risk management decisions.



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***“Own the Edge”* ROAD CONDITION STANDARDS**

Road Condition	Road Surface	Snow	Ice	Snow	Visibility Depth	Temperature
Green	Dry	(1) None (2) Blowing Powder	None	None	More than 50 meters	Above 35F (+2C)
Amber	Wet	*Packed *Slush	*Patches *Black ice *Slush	*Less than 4 inches	*Between 20 and 50 meters	30F (-1C) to 35F (+2C)
Red	*Flooded	*Drifting		*Sheet ice	*>4" *<20 m	<30F (-1C)
Black	*Heavily Flooding	*Heavy Drifting	*Extreme Sheet Ice	*>8"	*<15 m	<10F (-12C)

***When one or more of the road conditions marked with an asterisk are noted, the corresponding road condition status must be declared.**



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“Own the Edge” **SUMMARY**

- **Cold weather greatly affects the operating performance of your equipment.**
- **Winter weather presents unique hazards, i.e.. snow, slush, ice, black ice, etc...**
- **Drivers must always exercise extreme caution for safe winter driving.**
- **INCREASE INTERVALS!**
- **SLOW DOWN!**
- **KNOW YOUR VEHICLE!**



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***DO YOU GET TIRED
WHILE DRIVING ON
LONG TRIPS?***



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WAKE UP!

"Own the Edge"

***...STOP!...smell the roses...
before you find yourself buried under them!***

Sleepy drivers should not count on any last-second warning signs or on their ability to fight sleep! If you feel that sleep is somewhat likely within the next few minutes, you should pull over as soon as possible.



48% of fatal driver error causes are by young drivers, late at night, 50% of which are due to fatigue/fall in sleep.



You can use physiological indicators such as:

yawning

eyes straining, closing, or wanting to close

head nodding

hallucinogenic or wandering thoughts



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“Own the Edge” **Take a Nap...**



If you are feeling drowsy at the wheel,
please pull over as soon as possible!
Take a nap, or call for a ride.



***Don't take chances!
Don't try to sleep and drive!***

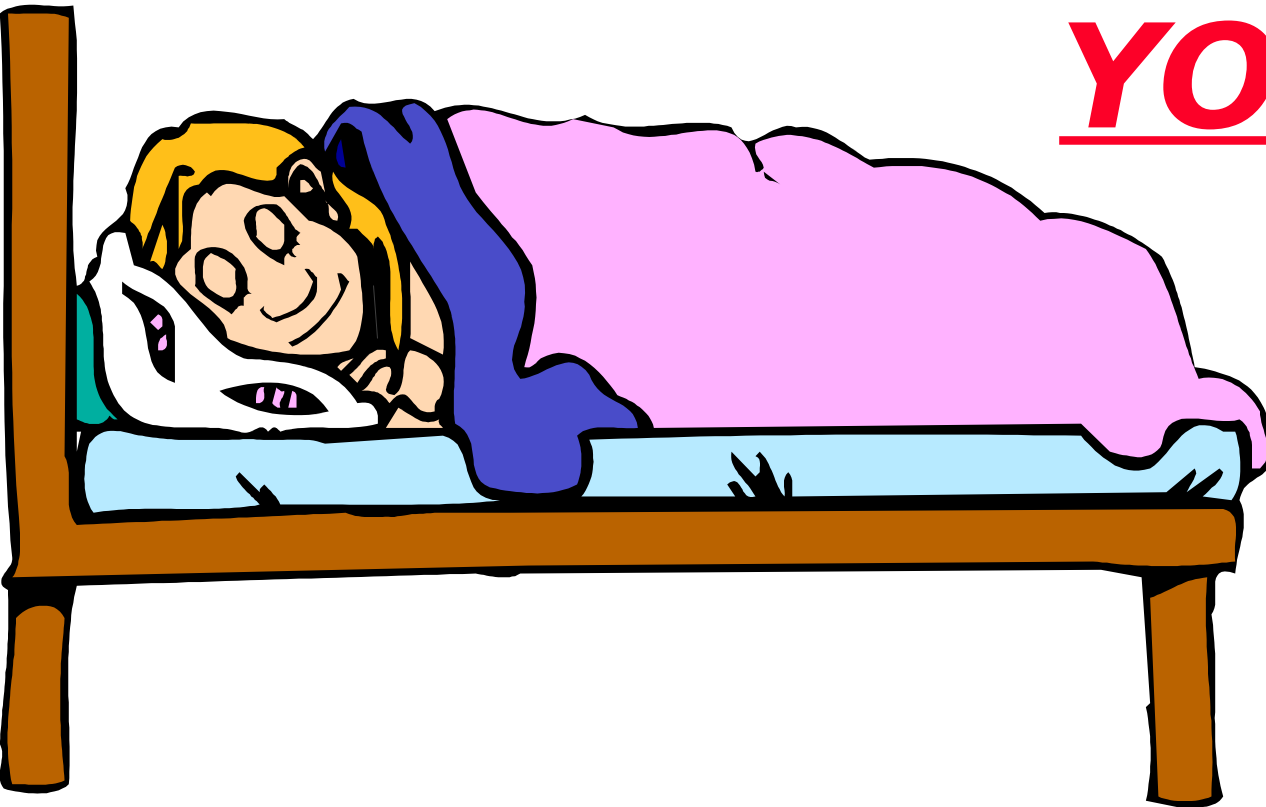


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**FATIGUE: Increases
YOUR Risk**



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"Own the Edge"



"OWN THE EDGE"